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WHAT IS CLAIMED IS

1. A release sheet for a pressure-sensitive adhesive sheet, which release sheet having a monolayer structure or a laminate structure, wherein, when the release sheet has a monolayer structure, the release sheet itself, and when it has a laminate structure, a surface of at least one outermost layer of the release sheet, comprises an ethylene polymer, and wherein the ethylene polymer shows both property values of a) and b):
 - 10 a) spin-spin relaxation time (T_2) of proton in an amorphous region of the ethylene polymer of 130-350 μs at 30°C,
 - b) a ratio of the amorphous region of the ethylene polymer, as calculated from the spin-spin relaxation time (T_2), of 7-17%.
- 15 2. The release sheet of claim 1, wherein the spin-spin relaxation time (T_2) of proton in the amorphous region of the ethylene polymer is 170-280 μs at 30°C and the ratio of the amorphous region of the ethylene polymer, as calculated from the spin-spin relaxation time (T_2), is 10-14%.
- 20 3. The release sheet of claim 1, wherein the ethylene polymer is a copolymer of ethylene and a straight chain or branched chain α -olefin having 3 to 10 carbon atoms.
- 25 4. The release sheet of claim 3, wherein the α -olefin is selected from the group consisting of 1-butene, 1-hexene and 1-octene.
- 30 5. A pressure-sensitive adhesive sheet comprising the release sheet of claim 1.
6. A release sheet for a pressure-sensitive adhesive sheet, which release sheet having a monolayer structure or a laminate

structure, wherein, when the release sheet has a monolayer structure, the release sheet itself, and when it has a laminate structure, a surface of at least one outermost layer of the release sheet, comprises an ethylene polymer, and wherein a bearing ratio obtained by measuring the surface of the layer comprising the ethylene polymer with an atomic force microscope is -30 to 15.

7. The release sheet of claim 6, wherein the ethylene polymer is a copolymer of ethylene and a straight chain or branched chain α -olefin having 3 to 10 carbon atoms.

8. The release sheet of claim 7, wherein the α -olefin is selected from the group consisting of 1-butene, 1-hexene and 1-octene.

9. A pressure-sensitive adhesive sheet comprising the release sheet of claim 6.